*Ambulatory Traction Belt System*

***-Disk Dr.***

# *User Manual*

## Model:NG20-M

- Patent number for an invention in Korea : 142202
- Patent number for an invention in Japan : 2911437
- Patent number for an invention in USA : 5980560
- International Application No. PCT/KR00/00368
- FDA ER No. 9611754 and
  Device Listing No. B 115761 in USA
- Other international patents pending

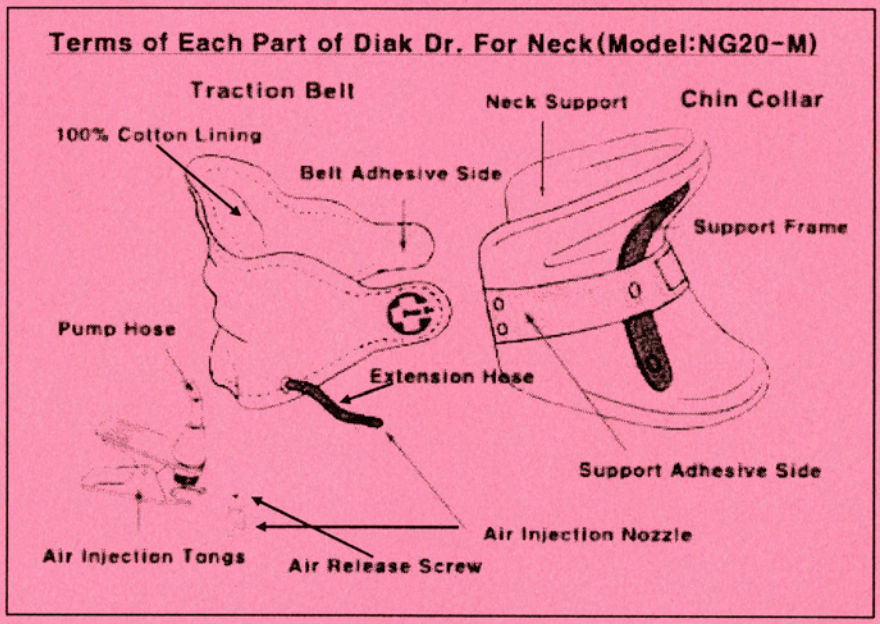
All Disk Dr.s are high quality products and
are manufactured to ISO9001, ISO13485 standards.

Disk Dr. Disk Dr.
CHANGEUI MEDICAL CO., LTD.

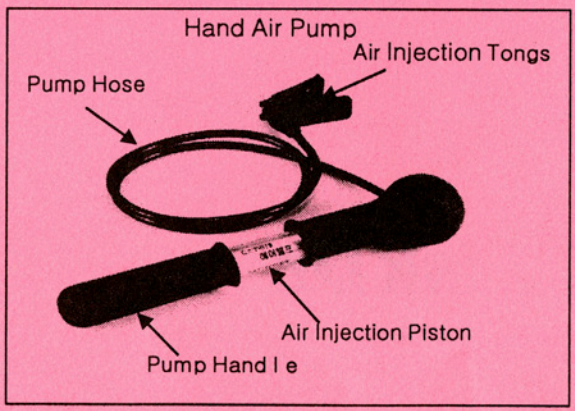
## EACH UNIT INCLUDES

Disk Dr.
CHANGEUI MEDICAL CO., LTD.

1. Traction Belt
2. Air Pump
3. Extension Hose
4. Spare Air Release Screw
5. User Manual
6. Laundry Bag
7. Chin Collar




(Picture 1)




(Picture 2)

1. Ensure that the Traction Belt is completely deflated. If there should be some air left, remove air by rotating the Air Release Screw counterclockwise. Then rotate the Air Release Screw clockwise before air injection.

2. Attach the one face of the Belt Adhesive Side to the one face of the Support Adhesive Side. (Air Injection Nozzle should face down)

3. Put your chin on the Chin Pad of the Neck Support.

(You are recommended to put a handkerchief or towel on the Chin Pad to absorb perspiration)

4. Attach the other face of the Belt Adhesive Side to the other face of the Support Adhesive Side. (It looks like wearing Disk Dr. for Neck around your neck.)

5. Confirm whether the Air Release Screw of the Air Injection nozzle is tight and then link the Air Injection Tongs with the Air Release Screw like the picture. (Let the Air Release Screw come in touch with the Air Injection Tongs precisely)

6. Grab the head of the Pump with one hand and the Pump Handle with the other hand. Then, push and pull the Pump Handle repeatedly to inflate the Traction Belt .

7. As air is injected, the Traction Belt will expand upward and downward. You will feel tightening around your neck.

8. By pushing the Air Injection Tongs, remove it from the Air Injection Nozzle.(You can hear a little bit of the air discharging sound at the time of removing the Air Injection Tongs.)

9. To unbind the Traction Belt, be sure to release air where the Traction Belt is around your neck, so that it may not be rolled up. To release air, rotate the Air Release Screw slightly counterclockwise.(You can also release air by depressing the pin in the center of the Air Release Screw.)

PRECAUTIONS.

1. When not in use, *do* keep the Traction Belt deflated as soon as possible.

2. *Do not* apply excessive force to Air deflation Screw as it can be tight when rotated slightly clockwise. If you rotate it excessively, it may be damaged.

3. *Do not* open or alter the product at random. If you do this, After-sales service cannot be offered.

4. Disk Dr. *should be* used under the close supervision of a licensed health care provider.

5. Be careful *not* to touch the Traction Belt with sharp objects.

6. If you have a history of a herniated disc surgery or have been recommended to have a surgical operation on herniated disc, *do* consult your doctor before using Disk Dr.

7. *Be* cautious *not* to drop the Air Pump and avoid any impact on it. There will be a possibility of malfunction.

* *Do not* use the Air Pump for the purpose of other than air injection into the Traction Belt of Disk Dr.

8. The pain may increase during first 2~3 days when using Disk Dr. for Neck. In this case, use Disk Dr. for Neck less than 15 minutes at a time. As the pain is gradually relieved, lengthen wearing time. If the increased pain lasts more than 3 days, contact your licensed practitioner and/or distributor.

## PRECAUTIONS

9. *Do not* lie in your bed with air injection into the Traction Belt.

10. Discontinue the use of Disk Dr. if you experience headaches, numbness, visual disturbances, palpitations, shortness of breath, persistent cervical and/or chest pain, nausea, excessive chest discomfort, vomiting, etc.

11. *Do not* wear the Traction Belt too tight around your neck. If you do so, you may experience a sense of cervical discomfort.

12. *Do not* turn your neck right or left while wearing the Traction Belt.

13. The Traction Belt is safe while the contact surface touches skin directly as it is composed of 100% cotton lining. However, skin trouble such as itching may occur among users who have sensitive skin during continuous traction therapy. In this case, apply anti-allergic ointment, baby powder, etc. and wear the Traction Belt over undershirt to alleviate the symptom. If this does not have any effect, discontinue the use of Disk Dr. and contact your distributor.

### SAFETY FEATURES

The traction can be released easily and immediately by rotating the Air Release Screw slightly counterclockwise or depressing the pin in the center of the Air Release Screw if necessary.

### USEFUL TIPS

1. Recommended wearing time.

(1) Wear the Traction Belt then inject air with the appropriate pressure for 30 minutes to 1 hour. Care should be taken not to move the neck during this treatment session.

(2) Untie the Traction Belt and release air.

(3) You can resume daily activities.

(4) Repeat steps above in the evening.

(5) Repeat steps above in the afternoon as necessary (severe cases).

2. The efficacy of Disk Dr. for Neck can be higher, if you use it after you receive physical therapy such as thermotherapy, neck massage, bathing in hot water, etc.

## INTENDED USE

-Herniated, Bulging discs

-Degenerative cervical discs

-Radiculopathy(nerve pain) in arms

-Cervical pain of physical origin which need traction therapy

## CONTRAINDICATIONS

-High blood pressure

-Cerebrovascular disease

-Tumor, all inflammatory disease of vertebrae

-Severe cervical spine instability

-Severe osteoporosis

-Post spine operation prior to the 3rd month.

-Cases avoiding the use of traction therapy under the prescription of a licensed practitioner.

## WASHING METHOD

1. Machine Wash [Traction Belt] <Recommended>

   1) You *must* necessarily insert the Traction Belt into the Laundry Bag so as not to damage it.

   2) Ensure that the Traction Belt is deflated completely and the Air Release Screw of Air Injection Nozzle is tightened up so as that water may not penetrate into it.

   3) When cleaning the Traction Belt, use a neutral detergent, *if possible*, wash the Traction Belt with a washing machine for about 5 minutes in cool water.

   4) *Do not* inflate the Traction Belt.

   5) *Do* drip dry in the shade.

2. Hand Wash [Traction Belt]

1) Ensure that the Air Release Screw of Air Injection Nozzle is tight so as that water may not penetrate into it.
2) Inject air into the Traction Belt up to about half of full pressure.
2) Use merely a soft sponge and *do not* rub the Traction Belt with your hands.
3) *Do* drip dry in the shade.

3. Hand Wash Only [Chin Collar]

When cleaning the Chin Collar, wipe it with a wet towel and drip dry in the shade.

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